VITACHEF™

HEALTHY LIFESTYLE COOKING SYSTEM™

THE VITACHEF STEAMER SKILLET *MODEL # VC001-12-120*

The VitaChef 12-inch Electric Steamer Skillet

- Steams, roasts, pan fries, grills, stews, bakes and more.
- Luxurious tempered glass lid lets you see what's inside.
- Removable base for easy cleaning and storage.
- Great for use as a buffet server.

Instructions ©2012 VitaChef / To view video instructions, visit the website at **www.vitachef.com**

This is a UL listed appliance. The following important safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, when using electrical appliances basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. To reduce the risk of fire, do not plug in with base/leg assembly removed.
3. Be sure that handles are assembled and fastened properly before using this appliance. See instructions regarding handles on page 4.
4. Do not touch hot surfaces. Use handles or knobs. Do not touch hot surfaces with your bare hands.
5. To protect from electrical shock, do not immerse heat control, cord, or plug in water or other liquid.
6. Close supervision is necessary when any appliance is used by or near children.
7. Unplug the heat control from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
8. The use of accessory attachments that are not recommended by the manufacturer of this appliance may cause injuries.
9. This appliance is not intended for deep frying foods.
10. Do not use outdoors.
11. The reversible steamer plate and extension ring are not intended for use while pan-frying foods. Use only the electric skillet portion when pan frying.
12. Do not let cord hang over edge of table, counter or touch hot surfaces.
13. Do not place unit on or near a hot gas or electric burner or in a heated oven.
14. It is recommended that this appliance not be moved when it contains hot oil or other hot liquids. If it must be moved when it contains hot oil or other hot liquids use extreme caution.
15. Always attach heat control to appliance first, then plug cord into the wall outlet. To disconnect, turn control to “OFF” then remove plug from wall outlet.
16. Do not operate any appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Return the appliance to the VitaChef Service Department for examination, repair, or electrical or mechanical adjustment.
17. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

THIS PRODUCT FOR HOUSEHOLD USE ONLY.

IMPORTANT CORD INFORMATION

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug or your outlet in any way.

A short power supply cord (or cord set) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. An extension cord may be used if care is properly exercised in its use.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

Connect the power supply cord to a 120VAC electrical outlet only. Always attach heat control to appliance first, then plug cord into the wall outlet. To disconnect, turn control to “OFF” then remove plug from wall outlet. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.

Warning: Do not leave the cord plugged into the electrical outlet when the appliance end of the cord is not connected to the unit, as this may create a safety hazard; always unplug the cord from the electrical outlet when not in use.

To protect against electrical shock, do not immerse heat control, cord or base unit in water or other liquid while plugged in.

Do not let cord hang over edge of table, counter or touch hot surfaces. Do not let the cord touch hot surfaces such as a stove burner, as this poses the danger that the cord could be burned through, exposing the electric wires within the cord and creating the hazard of electric shock to anyone who then comes in contact with it or the surrounding surface.

Do not operate any appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Return the appliance to the VitaChef Factory Service Department for examination, repair, or electrical or mechanical adjustment.

CONGRATULATIONS ON YOUR NEW PURCHASE!

Your new VitaChef Steamer Skillet is bound to become one of the most versatile and exciting appliances in your kitchen. You can cook perfect healthy meals every time, steam many varieties of foods, make terrific soups and stews, or use it as a food warmer. You can also fry, bake and roast. The VitaChef Steamer Skillet is quick and simple to use. You'll find yourself using your new Steamer Skillet to prepare many of your favorite dishes and even create new and exciting recipes.

Have fun!

Please visit the website at www.Vitachef.com to register your warranty.

BEFORE THE FIRST USE

As received, the Skillet Base and Lid will be nested inside the pan. The Reversible Steamer Plate, Extension Ring, Handles and Fittings will also be inside the pan, wrapped in paper. Remove all packing material and wash the skillet, steamer plate, extension ring and lid according to the "Care and Cleaning" instructions on pages 7-8.

Important: Before using your skillet, it must be fully assembled as instructed on the next page.

HOW TO ASSEMBLE

Fig. A

Fig. B

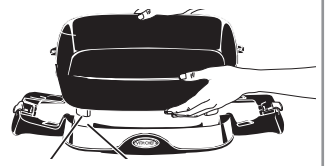
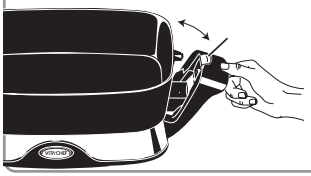


Fig. C



1. Place the removable base on a flat surface with the rubber feet down. The VitaChef logo should be right side up and facing you. Lift the handles and fold them out to the fully extended position (Fig. A).
2. Set the skillet pan onto the base so the heat control is on the right. The supports should fit into the recessed areas on the base (Fig. B).
3. Attach the base to the pan by rotating the handles towards the pan until you hear the latches lock into place (Fig. C). When properly assembled, you should not be able to lift the pan off of the base.
4. Attach the lid handle to the lid. Remove the two screws from the handle. For easiest alignment, hold the handle so the screw holes are facing up. Position the inverted lid over the handle and align the lid holes with the handle holes. Insert the two screws through the holes. Using a Phillips type screwdriver, fasten handle to lid until it is secure. Note: Continuing to tighten handle, once it is secure, can result in stripping of screws or cracking of handle or lid.
5. Attach the long handle to the Reversible Steamer Plate. Remove the handle and screws from packaging. Note the two permanently mounted fasteners protruding from the wall of the steamer plate. Align the holes of the handle with the fasteners. Make sure the projection on the mating surface of the handle lines up with the depression in the wall of the steamer plate. Place one of the screws through the recessed hole of the handle, loosely tighten the first screw with a Phillips type screwdriver, and repeat the process with the second screw. Now tighten the handle until it is secure. Note: Continuing to tighten the handle, once it is secure, can result in stripping of screws or cracking of the handle.

CONFIGURATIONS

Fig. 1

Fig. 2

Fig. 3

Fig. 4

Fig. 5

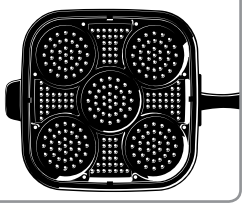
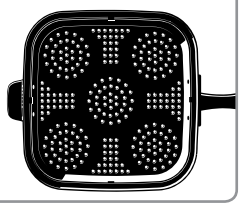


Fig. 6



1. Pan frying, sautéing, baking, soups
2. Steaming
3. Baking, roasting
4. Steaming larger quantities
5. Burger former/Portion control
6. Flat cooking surface

HOW TO USE

Caution: This product is not intended to melt wax, gels, plastics, glue, or other materials for making candles or for other hobbyist activities, or in any commercial or business application.

1. **Place assembled skillet on a dry, level, heat resistant surface.**
2. Plan cooking methods to be used. If desired, “season” the nonstick cooking surface by rubbing lightly with cooking oil. Remove excess oil with a paper towel.
3. Insert the temperature control probe into the skillet so the two electrical pins on the skillet are fully inserted into the heat control. Connect cord to a 120VAC electrical wall outlet only.
4. When setting temperature, the temperature light will turn on. Preheat skillet. Temperature light goes off when the selected temperature has been reached (this takes approximately 5 to 10 minutes). Depends on cooking method.
5. Prepare food for cooking. Because the skillet features a nonstick finish, food may be prepared with little or no oil.
6. Place food in skillet and cook according to the Temperature Timetable (pages 9-10). Heat should be adjusted according to personal preference and particular food being cooked. During cooking, temperature light will go on and off indicating desired temperature is being maintained.
7. For best results use heat-resistant nylon, plastic, or wooden utensils in the skillet. Do not use metal utensils as they may scratch the nonstick surface. Do not cut foods on the cooking surface.
8. Turn heat control to OFF when cooking is completed. Unplug heat control from wall outlet then from appliance. Allow skillet to cool before cleaning.
9. It is not recommended to place the unit directly under cabinets when operating as this product produces steam.
10. **Caution:** When the lid is placed on the skillet and the contents are steaming, it is normal for some steam to vent from the unit. Use caution when reaching for the handles when steam is venting, as contact with steam can cause burns.
11. Avoid reaching over the Steamer when operating.
12. **Caution:** To avoid steam burns, especially when checking foods while cooking, keep hands and face away from the steam vent. When removing the lid, be careful to lift it slowly and lift it so that the steam will rise in a direction away from your body.
13. To avoid possible scalding or injury from hot steam, lift and open lid carefully in a direction away from you. Hold lid until the steam has escaped and the hot condensed water has drained from the lid back into the steamer.
14. Steaming times will vary depending on desired doneness and food quantity, size and arrangement. The cooking times in the Steaming Guide are suggested times. You may want to lengthen/shorten cooking times to suit your taste.
15. To steam food, fill the skillet with a minimum of three (3) cups of tap water or to the appropriate fill line. **Do not exceed the level of the fill line**. **Take care not to get water on or near the heat control.**

Caution: Filling and Checking the Water Level
To steam food in the Steamer Skillet, fill the skillet with a minimum of three (3) cups of tap water. **Do not exceed the level of the fill line. Take care not to get water on or near the heat control.**
Note: You can safely mix seasonings with the water without damaging the unit.

During cooking, periodically (about every 10-15 minutes) check the water level.

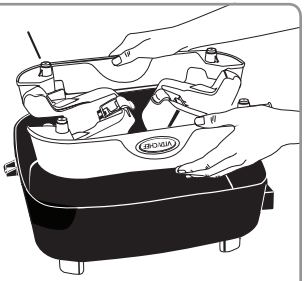
- Avoid reaching across the skillet to avoid contact with escaping steam.
- Stand to the side of the long handle.
- Lift the long handle from the underside at the end away from the reversible plate and view the water level between the skillet and the reversible steamer plate.
- If the water level is low, use the long handle to lower the reversible plate onto the skillet. Carefully, lift the lid by the handle so the steam escapes away from you. Allow any condensation to drip from the lower edge of the lid back onto the steamer plate. Avoid dripping liquid on food items if possible. Pour the estimated amount of liquid needed to finish the cooking process onto the steamer plate. **Do not exceed the level of the fill line.**

CARE AND CLEANING

CAUTION: Unplug cord from both the electrical outlet and from the unit, and allow Steamer Skillet to cool before washing.

To disassemble the skillet for cleaning and storage:

1. Using your thumbs, push the handle latches away from the skillet and rotate the handles down until they rest on the counter.
2. Lift the skillet pan off of the base and clean as described below.
3. For compact storage, rotate the handles up and inward and place the base in the pan inverted so the rubber feet are facing up. Then place the lid upright onto the pan.



To clean components:

Do not immerse the VitaChef heat control in water or let it come in contact with any liquid.

The VitaChef Steamer Skillet's handle / leg assembly, skillet, reversible steamer plate, and extension ring are completely submersible and dishwasher safe, however **VitaChef recommends that you hand wash the Steamer Skillet with warm soapy water in your kitchen sink with a non-abrasive sponge or cloth.**

Note: Washing the skillet, reversible steamer plate, and extension ring in a dishwasher may affect the nonstick coating due to the caustic nature of dishwasher detergents.

When washing the skillet by hand, clean the nonstick surface with a non-metal cleaning pad such as Scotch-Brite* Multi-Purpose Scrub Sponge or Scotch-Brite* Dobie* Cleaning Pad. Do not use steel wool or abrasive kitchen cleaners.

It is not necessary to soak the skillet to remove food residue. If you choose to soak the skillet, do not soak it for more than two hours. **Soaking for more than two hours may damage the nonstick finish.**

In time, the nonstick finish may darken over the heating element. To remove this discoloration, use a commercial cleaner designed for cleaning surfaces, such as dip-it* destainer. These cleaners are available at most grocery and hardware stores. For best results, follow the manufacturer's instructions, being careful that any cleaning solution coming in contact with the exterior of the appliance is wiped off.

After treating the skillet with a commercial cleaner, it is recommended that the cooking surface be wiped lightly with cooking oil before using. The outside finish of the skillet is easy to keep attractive and looking new. Simply wipe away spills and drips as they occur. If food should happen to burn on, it can be removed with warm, sudsy water and a cleaning pad. Rinse and wipe dry.

Glass Lid Care and Use Instructions:

Do not use lid if it is chipped or cracked. Handle lid carefully and avoid impact. The lid is dishwasher safe. Keep the lid clean. If washing by hand, do not use steel wool cleaning pads or abrasive powders that can scratch or weaken the glass. Nonabrasive pads or powders may be used if necessary. Do not scrape or gouge the glass with hard or sharp utensils.

Periodically check the screws on the lid handles for looseness. Retighten, if necessary. **Caution:** Over-tightening can result in stripping of screws or cracking of handle or lid.

CAUTION: Failure to follow these instructions could cause immediate breakage or breakage at a later date for no apparent reason, which may result in personal injury or property damage.

**Scotch Brite and Dobie are trademarks of 3M; dip-it is a registered trademark of Ecolab, Inc.*

TEMPERATURE TIMETABLE

Food		Temperature*	Approx Cooking Time
PAN FRYING			
Bacon		325° - 350°	8-10 minutes
Canadian Bacon		325° - 350°	3-4 minutes
Chicken - Bone In		350° - 400°	25-35 minutes
Eggs Fried		275° - 300°	5-10 minutes
Fish		350°	5-10 minutes
French Toast		325°	4-6 minutes
Ham	1/2” thick	275° - 300°	10-12 minutes
Hamburgers	1/2” thick	275° - 300°	8-12 minutes
Minute Steak		350° - 400°	4-5 minutes
Pancakes		350° - 400°	4-6 minutes
Pork Chops	1/2” thick 3/4” thick	350° - 400° 350° - 400°	8-12 minutes
Potatoes		350°	15-20 minutes
Sausage Links	 Precooked	325° - 350° 325° - 350°	20-30 minutes 10-12 minutes
Sandwiches, grilled		350° - 400°	5-10 minutes
Steak Beef	1” thick Rare Medium	 350° - 400° 350° - 400°	 6-7 minutes 10-12 minutes
ROASTING Chicken (Whole) Roast Beef Pork Loin	 3-4 lbs. 3 lbs.	 400° 400° 400°	 45 minutes-1 hour 45-50 minutes 45-50 minutes
BAKING Cakes Bread Pudding		 400° 400°	 45-50 minutes 45 minutes-1 hour

*Temperatures shown in Fahrenheit

NOTE: Altitude affects the temperature at which water boils, thus in higher altitudes longer cooking times may become necessary. Do not use any VitaChef Steamer Skillet parts in microwave or on any cooking/heated surface.

Food	Temperature*	Approx Cooking Time After Water Has Boiled
STEAMING		
Chicken Breast (8 oz)	350°	12-15 minutes
Corn on the Cob	350°	18-20 minutes
Egg - Hard in Shell	350°	21 minutes
Egg - Medium in Shell	350°	15 minutes
Fish - 1” thick	350°	5 minutes
Hamburger (4 oz)	350°	7-9 minutes
Meatballs	350°	10-12 minutes
Rice - Brown	350°	40-45 minutes
Rice - Jasmine	350°	15-20 minutes
Rice - Parboiled	350°	35-40 minutes
Rice - Wild Blend	350°	35-40 minutes
Turkey Burger (4 oz)	350°	8-12 minutes
Vegetables - Fresh	350°	4-9 minutes
Vegetables - Frozen	350°	12-14 minutes

*Temperatures shown in Fahrenheit

Simmering
Note: In the electric skillet, foods will heat to simmering at temperatures between the warm setting and 200° F. Heat the skillet between 250° F and 350° F until the food boils; then place the lid on skillet and reduce the heat to simmer. Adjust control between simmer and 200° F as desired.

Braising or Roasting
This cooking method involves browning food, usually meat or vegetables in oil, butter, margarine, etc. and then simmering in a small amount of liquid over low heat. To brown meat and/or vegetables, use a temperature between 325° F and 350° F. After browning, simmer as instructed above. Add additional liquid during cooking, if necessary, to obtain desired consistency.

Steaming
Place the foods to be steamed onto the Steamer Plate. You may add seasonings, such as lemon slices, fresh or dried herbs, seafood seasoning mix, or your own favorite seasonings to the food. For added flavor, you may add lemon juice, chicken broth or white wine.

To view recipes and cooking instructions, visit the website at www.vitachef.com

BREAKFAST RECIPES

Egg-Stuffed Tomato with Prosciutto and Asiago Cheese

Cooking Time: 15 minutes
Prep Time: 5 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 1 serving

Ingredients

1 large Roma tomato, cored and seeds removed
1 slice prosciutto
1 large egg
½ oz. shredded Asiago cheese
¼ green onion, sliced

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Place cored tomato in ramekin. Place the prosciutto slice inside the tomato with one end coming out of the top. Crack the egg into the tomato and top with cheese and green onion. Place the ramekin on the steamer plate and cover with lid. Steam for 15 minutes to produce a medium-cooked egg. Increase or decrease the cooking time for softer or harder eggs. Serve hot.

Tomato Basil Onion Goat Cheese Frittata

Cooking Time: 7 minutes
Prep Time: 10 minutes
Temperature: 300° F
Cooking Type: Skillet
Serves: 6 servings

Ingredients

10 eggs (egg whites or Egg Beaters may be used)
¼ c. heavy cream (optional)
3.5 oz. goat cheese, crumbled
½ onion, diced
½ tomato, diced
2 oz. fresh basil, rough chop
Salt and pepper to taste
Non-stick cooking spray

Directions

Preheat skillet to 300° F. Combine eggs with cream and whisk. Spray skillet with non-stick cooking spray and add egg mixture. Sprinkle the remaining ingredients evenly over mixture. Cover and cook for 7 minutes, or until eggs are cooked through.

Steamed Spinach and Egg Cup

Cooking Time: 10-12 minutes
Prep Time: 7 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 5 servings

Ingredients

1 lb. frozen spinach, thawed
3 tbsp. parmesan cheese
¼ c. cream cheese
Salt and pepper
⅛ tsp. nutmeg
5 eggs

(Continued on page 12)

Directions
Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. In a small bowl combine all ingredients except the eggs. Press 3-4 oz. of mixture into the sides of five pre-greased ramekins. Crack an egg into the middle of spinach cup and set on the steamer plate and cover. Steam 10-12 minutes or to the desired doneness of eggs.

HORS D'OEUVRE RECIPES

Steamed Garlic Basil Mussels

Cooking Time: 3-4 minutes **Temperature:** 350° F **Cooking Type:** Steam
Prep Time: 2 minutes **Serves:** 3-4 servings

Ingredients
3 lb. black mussels in shell
½ c. white wine (Chablis or Pinot Grigio)
3 tbsp. chopped garlic
2 oz. fresh basil, chopped
Juice of ½ lemon
3 tbsp. butter (optional)

Directions
Preheat skillet to 350º F. Discard any open mussels. Add mussels, garlic, lemon, wine and cover. Skillet steam mussels until they open -- approximately 3 minutes. Add basil, butter and stir. Serve in a large bowl with a baguette or Italian bread.

Teriyaki Chicken Kebabs

Cooking Time: 7-9 minutes **Temperature:** 350° F **Cooking Type:** Steam
Prep Time: 15 minutes **Water:** Fill to line **Makes:** 12-14 skewers

Ingredients
2- 5 ½ oz. boneless skinless chicken breasts, cut into 1-inch cubes
¼ c. soy sauce
1 tbsp. fresh ginger, minced
1 tbsp. fresh garlic, minced
1 tsp. sesame oil
1 red or green bell pepper cut into 1-inch squares
1 tbsp. black sesame seeds
Juice of ½ lemon
1 package of 4-inch bamboo skewers

Directions
In a small bowl, combine chicken, soy, ginger, garlic and sesame oil. Place in resealable bag and let marinate at least 4 hours, preferably overnight. Thread the chicken and peppers onto the bamboo skewers, alternating each, until each skewer is full, leaving room to hold the ends. Sprinkle sesame seeds on all sides. Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Place kebabs on steamer plate. Cover with lid and cook for 7-9 minutes.

VEGETABLE RECIPES

Layered Eggplant

Cooking Time: 1 hour
Prep Time: 20 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 4-5 servings

Ingredients

1 eggplant, peeled and sliced ¼ inch thick lengthwise
1 tbsp. olive oil
8 oz. baby portabello mushrooms, sliced
2 tbsp. garlic, chopped
½ onion, diced
16 oz. of your favorite tomato sauce
2 oz. grated or shredded parmesan cheese
2 thin slices prosciutto ham
8 oz. ricotta
2 eggs
6 oz. spinach - chopped, fresh, or frozen
8 fresh basil leaves
2 tomatoes, sliced
6 oz. mozzarella cheese, shredded

Directions

Preheat skillet to 350° F. Add olive oil, mushrooms, garlic and onion. Sauté 3-5 minutes. Remove from skillet and set aside. Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F.

Combine ricotta and eggs, set aside for layering.
In a 9x5 loaf pan, add approximately 4 oz. of tomato sauce to cover bottom of pan. Place ½ of the eggplant slices on the bottom of pan to cover. Follow with layers of ½ of mushroom mixture, ½ mozzarella, ½ parmesan, 1 slice of prosciutto, ½ of ricotta mixture, ½ spinach, 1 sliced tomato and ½ of the basil. Repeat this layering once more. Top with mozzarella. Cover with aluminum foil and place on steamer plate. Place extension ring on unit and steam for 1 hour.

Fresh Vegetables Steam Basics

Cooking Time: Varies
Prep Time: 10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam

Ingredients/Approximate Cooking Time

Artichoke: 1 hour
Asparagus: 7 minutes
Broccoli: 8 minutes
Brussels sprouts: 10 minutes
Corn on the cob: 15 minutes
Fingerling potato: 15 minutes
Green beans: 7 minutes
Idaho potato (cubed): 15 minutes
Mushrooms: 7 minutes
Spinach: 3-5 minutes
Sweet potato (cubed): 15 minutes
Zucchini: 7 minutes
Seasoning options: butter, fresh herbs or seasoning mixtures

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat

steamer to boil at 350° F. Place vegetables on steamer plate, cover with lid and steam as indicated above. Use extension ring as needed.

Stuffed Portabello Mushrooms

Cooking Time: 27 minutes
Prep Time: 10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 4 servings

Ingredients

4 large portabello mushrooms
9 oz. bag fresh spinach
3 oz. parmesan cheese
½ tsp. nutmeg
4 oz. crumbled feta cheese
1 medium tomato, diced
Salt and pepper
½ tsp. dill

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Add spinach and cover for 4-5 minutes until spinach is wilted. Remove spinach and chop. Drain the water from the steamer.

In a small bowl, combine all ingredients except for the portabellos and set aside. Wash the outside of the mushrooms. Remove the stem and the dark brown gills on the underside of the mushrooms. Stuff the mushrooms with the filling, place on the steamer plate and cover for 22 minutes. Remember, water is not being used in this part of the cooking process.

ENTREE RECIPES

Chili

Cooking Time: 30 minutes
Prep Time: 15 minutes
Temperature: 350° F
Cooking Type: Skillet
Serves: 8 servings

Ingredients

1-½ lb. 80/20 ground beef
1 medium onion, diced
4 oz. bell peppers, sliced
1 tbsp. granulated garlic
6 tbsp. dark chili powder
8 tsp. cumin
16 oz. jar of salsa
29 oz. can tomato sauce
14.5 oz. can of diced tomatoes
14.5 oz. water
Salt and pepper to taste
15.5 oz. can red kidney beans, drained and rinsed

Directions

Preheat skillet to 350° F. Brown the ground beef in skillet and drain the fat. Add onions, peppers, and garlic. Sauté for 3 minutes. Add remaining ingredients. Bring to a boil and then reduce heat to 200° F and cover. Let simmer for 20 minutes. Serve hot.

Options: Ground chicken, ground turkey or tofu can also be used as a substitute for ground beef.

Blonde Lasagna

Cooking Time: 1 hour
Prep Time: 15 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 4-5 servings

Ingredients

6 sheets lasagna noodles
½ lb. extra lean ground beef
½ c. finely chopped celery
½ c. finely chopped onions
5 garlic cloves, minced
1 ½ c. cream-style cottage cheese
2 eggs, slightly beaten
1 c. light cream
4 oz. cream cheese, cubed
½ tsp. nutmeg
¾ tsp. salt
½ tsp. black pepper
2 tsp. Italian seasoning
1 c. shredded cheddar cheese
1 c. shredded smoked Gouda cheese
8 oz. smoked mozzarella cheese, shredded

Directions

Preheat skillet to 350° F. Cook beef, celery, onion, and garlic until meat is browned and vegetables are tender. Drain off fat, if any, and wipe out the pan.

In a separate bowl, combine cottage cheese, eggs, cream, cream cheese, nutmeg, salt and pepper, Italian seasoning and stir. Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F.

In a 9x5 loaf pan, layer in this order: place 2 sheets of uncooked noodles on the bottom of the loaf pan. Then, ½ meat mixture, ½ of the cottage cheese mixture, ½ of the cheddar, ½ of smoked Gouda. Repeat this combination one more time. Top with smoked mozzarella. Cover with foil and place on steamer plate. Add extension ring and steam for 1 hour.

Options: Ground chicken or ground turkey can be used as a substitute for ground beef.

Turkey-Beef Burgers

Cooking Time: 10 minutes
Prep Time: 10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 2 servings

Ingredients

4 oz. ground beef
4 oz. ground turkey
¼ tsp. dried oregano
¼ tsp. dried basil
¼ tsp. granulated garlic
⅛ tsp. white pepper
¼ tsp. kosher salt
2 whole wheat hamburger buns

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Combine all ingredients in a bowl and mix well. Form into two 4 oz. patties and place on burger rings of the steamer plate.

(Continued on page 16)

Reduce steamer temperature to 250° F. Set steamer plate on steamer skillet and cook for 8-10 minutes, or until the internal temperature of the patties reaches 165° F. Remove patties and place on buns with desired condiments. Serve hot.

Options: Onions, peppers or vegetables can be steamed around burgers.

Meatball Variation:
Add 1 egg and ¼ cup breadcrumbs; serve as hors d'oeuvres, on buns or pasta. Makes 8 -1-oz. meatballs

Healthy Turkey-Beef Vita Sliders

Cooking Time: 7-9 minutes
Prep Time: 7-10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Makes: 16 sliders

Ingredients
8 oz. turkey sausage
8 oz. ground beef
8 oz. ground turkey
1 oz. ketchup
3 tbsp. A-1 sauce
3 tbsp. Heinz 57
1 tsp. salt
1 tsp. black pepper

Toppings
Diced onion
Relish
Ketchup
Cheddar cheese
Mustard

Directions
Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Combine all ingredients and form into 1 ½ oz. patties. Place 16 patties on steamer plate and cover with lid. Steam 7-9 minutes or until internal temperature reaches 165° F.

Fried Chicken Wings

Cooking Time: 10 minutes
Prep Time: 5 minutes
Temperature: 350° F
Cooking Type: Skillet
Serves: 1 serving

Ingredients
10 chicken wings, thawed
2 c. canola or vegetable oil

Directions
Add oil to skillet and heat to 350° F. Pat the chicken dry with paper towels before adding to skillet. Place wings in skillet and cover. Turn after 5 minutes and cover for an additional 5 minutes.

When internal temperature of wings reaches 165° F, remove from the oil. Toss in bowl with your favorite hot sauce, BBQ sauce, or other sauce.

Curried Chicken with Golden Raisins

Cooking Time: 1 hour
Prep Time: 10 minutes
Temperature: 350° F
Cooking Type: Skillet
Serves: 4-5 servings

Ingredients

1 chicken, cut into eighths
4 tbsp. yellow curry powder
1 tbsp. granulated garlic
Salt and pepper
32 oz. chicken stock
½ c. sour cream
1 c. plain Greek yogurt
¾ c. golden raisins

Directions

Preheat unit to 350º F. Season chicken liberally with yellow curry powder, garlic, salt and pepper. Place into skillet and cover. Brown each piece for 15 minutes per side. Remove from skillet and pour off excess fat. Add remaining ingredients and stir. Return chicken to skillet and cover. After 15 minutes turn the chicken, cover and cook for another 15 minutes.

Chicken Breast Topped with Tomato, Basil, and Pine Nuts

Cooking Time: 7-9 minutes
Prep Time: 10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 1 serving

Ingredients

5 ½ oz. boneless skinless chicken breast
½ tomato, diced
4 leaves fresh basil, chopped
2 tbsp. toasted pine nuts
1 tbsp. olive oil
1 tbsp. red onion, finely diced
Salt and pepper to taste

Directions

Fill steamer with water to fill line and place steamer plate with rings facing up and lid on unit. Preheat steamer to boil at 350° F.

Season chicken breast with salt and pepper and place on steamer plate. Cook chicken breast for 7-9 minutes or until chicken has reached an internal temperature of 165° F. While chicken cooks, mix remaining ingredients and set aside. Carefully remove chicken from steamer and top with tomato mixture.

Southwestern Chicken Breast with Black Bean Salsa

Cooking Time: 7-9 minutes **Temperature:** 350° F **Cooking Type:** Steam
Prep Time: 10 minutes **Water:** Fill to line **Serves:** 4 servings

Salsa Ingredients

1 can black beans, drained and rinsed
½ c. frozen corn kernels
3 green onions, sliced
2 oz. cilantro, chopped
1 tbsp. chili powder
1 tbsp. cumin
1 tsp. granulated onion
½ tsp. salt
½ tsp. pepper
1 tsp. garlic, minced
½ c. shredded cheddar/jack cheese
¼ c. diced red or green bell peppers
Juice of ½ lemon
Juice of ½ lime

Chicken

4-5 ½ oz. boneless skinless chicken breast
1 tbsp. cumin
1 tsp. granulated onion
½ tsp. pepper
1 tbsp. chili powder
1 tsp. granulated garlic
½ tsp. salt

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Combine all ingredients for black bean salsa and set aside. Season chicken with remaining six ingredients. Place on steamer plate and cover with lid. Steam for 7 minutes. Top with black bean salsa and cover for 2-3 minutes until internal temperature has reached 165° F and the cheese has melted.

Toscana Chicken Sausage Pasta

Cooking Time: 25 minutes **Temperature:** 350° F **Cooking Type:** Skillet
Prep Time: 5 minutes **Serves:** 5 servings

Ingredients

8 oz. chicken breast, cut into 1-inch cubes
32 oz. water
¾ c. bell peppers, diced
8 oz. Italian sausage, sliced
24 oz. jar of your favorite tomato sauce
13.25 oz. box whole wheat pasta

Directions

Heat skillet to 350° F. Place sausage and chicken in skillet and brown on all sides. Add the remaining ingredients and cover. Bring to a boil. Reduce temperature to 200° F. Allow to simmer for 15 minutes. Top pasta with parmesan cheese.

Options: Any type of sausage can be used including beef, turkey, chicken or pork

Country Style BBQ Ribs

Cooking Time: 50-60 minutes **Temperature:** 350° F **Cooking Type:** Skillet
Prep Time: 5 minutes **Serves:** 2 servings

Ingredients
1½ lb. country-style pork ribs
Salt
Black pepper
32 oz. water
½ c. cider vinegar
1 c. favorite BBQ sauce

Directions
Heat skillet to 350° F. Season ribs with salt and pepper, add to skillet and brown both sides for 3-4 minutes. Combine BBQ sauce, water and vinegar and add to skillet, then cover. Bring to boil.

Reduce heat to 200° F and cover. Simmer for about 45-50 minutes. If the ribs are not tender, add additional water and continue to cook covered for another 5-10 minutes. At this point the sauce should be slightly thickened.

Cajun Shrimp

Cooking Time: 3-4 minutes **Temperature:** 350° F **Cooking Type:** Steam
Prep Time: 5 minutes **Water:** Fill to line **Serves:** 2 servings

Ingredients
1 lb. shrimp, heads off (21-25 shrimp per pound)
3 tbsp. Cajun seasoning

Directions
Toss seasoning and shrimp together. Allow spices to absorb for 2 hours.

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Add shrimp and cover. Steam for 3 minutes until shrimp are pink. Can be served hot or cold.

Lemon Dill Salmon

Cooking Time: 9 minutes **Temperature:** 350° F **Cooking Type:** Steam
Prep Time: 5 minutes **Water:** Fill to line **Serves:** 1 serving

Ingredients
4 oz. fresh salmon
Kosher salt
Black cracked pepper
1 sprig fresh dill
2 lemon slices

Directions
Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat

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steamer to boil at 350° F.

Season the salmon with salt and pepper and place on steamer plate. Top with dill sprig and sliced lemon. Steam for 7-9 minutes or until the internal temperature reaches 135° F or desired doneness.

Sole Florentine

Cooking Time: 20 minutes
Prep Time: 10 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam
Serves: 1 serving

Ingredients

4-6 oz. sole (flounder or Swai can also be used)
White pepper
1 tbsp. grated parmesan cheese
4 oz. cooked spinach (fresh or frozen)
Kosher salt
Dash nutmeg
1 oz. cream cheese

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F.

In a bowl, combine spinach, salt, pepper, nutmeg and cheese. Lay fish flat and top with spinach mixture. Roll the fish around the mixture and place on steamer plate. Cover and steam 20 minutes or until internal temperature is 135° F.

DESSERT RECIPES

Pineapple Upside Down Cake

Cooking Time: 1 hour
Prep Time: 20 minutes
Temperature: 400° F
Cooking Type: Baking
Serves: 8 servings

Ingredients

1 box sponge cake mix
8 oz. canned crushed pineapple, drained
¼ c. brown sugar

Directions

Spray an 8x8 non-stick pan with non-stick cooking spray. Combine sugar and pineapple and pour into bottom of pan. Follow directions on cake mix box and pour batter into 8x8 pan.

Place a baking rack in the bottom of skillet. Preheat skillet to 400° F. Carefully place cake pan on top of baking rack and cover with lid. After 1 hour, check cake doneness with a toothpick. If it comes out clean, it's done!

Pumpkin Bread Pudding

Cooking Time: 20 minutes
Prep Time: 15 minutes
Temperature: 400° F
Water: Fill to line
Cooking Type: Steam
Serves: 8 servings

Ingredients

13 mini croissants, cubed
4 eggs
15 oz. can pumpkin
1 tbsp. pumpkin spice
12 oz. milk
1 c. heavy cream
1 c. sugar (a sugar substitute will also work)
1 tsp. vanilla

Directions

Place croissants into 8x8 pre-greased pan. In a separate bowl, combine rest of ingredients and pour over croissants. Let stand in the refrigerator for 2 hours.

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. Set pan of bread pudding on steamer plate and cover with lid. Use extension ring if necessary. Steam for 20 minutes.

Fresh Fruit Basics

Cooking Time: 5 minutes
Prep Time: 3-5 minutes
Temperature: 350° F
Water: Fill to line
Cooking Type: Steam

Variations

Ramekin or small bowl
Blueberries, raspberries, strawberries (choose one or two or mix)
Sliced apples, raisins, walnuts, cinnamon and brown sugar
Pitted cherries
Bananas and berries
Agave syrup

Directions

Fill steamer with water to fill line and place steamer plate and lid on unit. Preheat steamer to boil at 350° F. In a ramekin or small bowl, add fruit. Place on steamer plate and cover. Use extension ring if necessary. After 5 minutes, carefully remove from steamer. Drizzle agave syrup over the top. Spoon over vanilla ice cream or eat as is!

Serve with

Angel food cake
Cereal
Frozen yogurt
Granola
Ice cream
Oatmeal
Whipped topping
Yogurt

French Crêpes

Cooking Time: 2-3 minutes each **Temperature:** 350° F **Cooking Type:** Skillet
Prep Time: 5 minutes **Makes:** 7 crêpes

Ingredients

⅔ c. flour
1 egg
1¼ c. milk
1 tbsp. melted butter or canola oil
Non-stick cooking spray

Directions

Preheat unit to 350º F. In a small bowl, combine ingredients well. Make sure there are no lumps. Spray skillet with a non-stick cooking spray. Pour ¼ c. batter onto skillet using a ¼ measuring cup or 2 oz. ladle. Swirl batter in a circular motion to evenly distribute batter. Using a spatula, flip the crêpe when the edges start to brown. Brown other side of crêpe. Remove from skillet onto a plate. Top with your favorite toppings and roll crêpe and filling.

Crepe Toppings

Peanut butter
Nutella
Bananas
Chocolate chips
Marshmallow Fluff
Fruit preserves
Raspberries
Blueberries
Whipped cream
Nuts

CONSUMER SERVICE INFORMATION

If you have any questions regarding the operation of your VitaChef Steamer Skillet or need parts for your appliance, contact us by any of these methods:

- **Call 1-855-792-0120** weekdays 8:00 AM to 4:30 PM (Eastern Standard Time)
- **Email us through our website at www.VitaChef.com – info@VitaChef.com**
- **Write:**

VitaChef
Consumer Service Department
1712 Hendricks Avenue
Jacksonville, FL 32207

When contacting the Consumer Service Department, please indicate the model number and the series code for the skillet. These numbers can be found on the bottom of the plug guard.

Please record this information:
Model Number _____ Date/Series Code _____Date Purchased _____

Inquiries will be answered promptly by telephone, email, or letter. When emailing or writing, please include a phone number and a time when you can be reached during weekdays if possible.

Any maintenance required for this product, other than normal household care and cleaning, should be performed by our Factory Service Department. Be sure to indicate date of purchase and a description of problem when sending an appliance for repair. **Send appliances for repair to:**

VitaChef
1712 Hendricks Avenue
Jacksonville, FL 32207

The VitaChef Factory Service Department is equipped to service all VitaChef appliances and supply genuine VitaChef parts. Genuine VitaChef replacement parts are manufactured to the same exacting quality standards as VitaChef appliances and are engineered specifically to function properly with its appliances. VitaChef can only guarantee the quality and performance of genuine VitaChef parts. “Look-a likes” might not be of the same quality or function in the same manner. To ensure that you are buying genuine VitaChef replacement parts, look for the VitaChef trademark.

VITACHEF™
HEALTHY LIFESTYLE COOKING SYSTEM™

Warranty: This quality VitaChef appliance is designed and built to provide many years of satisfactory performance under normal household use. VitaChef pledges to the original owner that should there be any defects in material or workmanship during the first year after purchase, we will repair or replace it at our option. Our pledge does not apply to damage caused by shipping. To obtain service under the warranty, return this VitaChef appliance, to the VitaChef Factory Service Department (shipping costs will be your responsibility). When returning a product, please include a description of the defect and indicate the date the appliance was purchased. We want you to obtain maximum enjoyment from using this VitaChef appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse or misuse will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is VitaChef’s pledge to you and is being made in place of all other express warranties.

Innovative Product Development, LLC, Jacksonville, FL 32207